
Prepare for the iTOEFL

The iTOEFL (Institutional Test of English as a Foreign Language) is the third phase of selection for Fulbright. If you are invited to sit for the iTOEFL, congratulations! Out of approximately 2,000 Fulbright Master's applications, we anticipate asking about 400 candidates to take the iTOEFL in late May/early June. Fulbright Doctoral applicants will also be required to take the iTOEFL at this time. Half of the applicants (about 200) with top iTOEFL scores will be invited to come in for an interview. Your iTOEFL score determines whether or not you are invited for an interview...so, study hard!

- Know what to expect on test day.
- Learn about the exam by visiting the resources below, including www.ets.org/toefl
- Start studying now.
- **Start a STUDY GROUP:** Find three to five friends and set up a TOEFL study group.
 - Learn more about making your group successful:
<http://web.duke.edu/arc/documents/How%20to%20Form%20a%20Successful%20Study%20Group.pdf>

- <http://www.fpanet.org/professionals/PracticeManagement/PracticeSolutionsMagazine/JulyAugust2011/12TipsforaSuccessfulStudyGroup/>
- Set a goal of scoring high.
- Use test-taking strategies to improve your score:
 - Concentrate on the questions that test vocabulary in the antonyms and the analogies portions. Although you probably cannot dramatically change your basic reading comprehension level in a few hours, you can add to your vocabulary score. Your time working on vocabulary lists will pay off in your score.
 - Don't stress over the reading comprehension portion. The reading passages are long and boring! Repeat: Do not stress. Scroll through the passage to answer the questions, but know this is probably not the portion you will score well in.
 - Be sure to fill in an answer for every question...and definitely finish the exam.

Avoid Test Anxiety:

- Get plenty of sleep.
- Mental Rehearsal of the Exam Situation: Imagine yourself taking the exam – picture the sounds and sights. Envision yourself staying calm.
- Predict and avoid disasters: What disasters do you predict? Nerves? What are you going to do to deal with your nerves? Have a plan.
 - Breathe
 - Close your eyes, re-read the problem: if it doesn't make sense—skip it—and go on to other problems—spend the most time on the problems you understand.
 - What if you get held up in traffic? Go early?
 - What if you feel like you are doing poorly? Take each question for itself.
 - Keep calm. Imagine yourself answering the question in a cool, calm manner.

RESOURCES:

- **General TOEFL Overview**

http://www.ets.org/s/toefl/flash/17494/TOEFL_Resources_Web_Video.htm

- **Vocabulary lists**

<http://www.grevocabulary.org/>

<http://d2qa9s9b4nsu3n.cloudfront.net/GRE3.pdf>

- **Flash cards for verbal**

http://gre.graduateshotline.com/gre_flash_cards.php

<http://learnwordlist.com/tests/top-gre-flash-cards>

<http://quizlet.com/subject/toefl/>

- **Verbal analogies**

<http://learnwordlist.com/tests/gre-verbal-analogy-tests>

- **Verbal tips**

<http://gradschool.about.com/od/greverbalsection/a/Gre-Verbal-Section-Tips-And-Strategies.htm?p=1>

<http://www.usnews.com/education/articles/2010/05/14/test-prep-8-tips-for-gre-success>

- **Writing tips**

<http://www.west.net/~stewart/gre/tips-argument-essay.htm>

http://www.tcyonline.com/gre/gre_analytical.php

<http://www.newgre.org/preparation/gre-writing-tips-pointers-argument-prompt/>

<http://gradschool.about.com/od/gre/a/grewriting.htm>

- **Reading comprehension tips**

http://www.ets.org/gre/revised_general/prepare/verbal_reasoning/reading_comprehension/question_types

Approach to studying wordlists:

1. Use the resources below to create a wordlists.
2. Plan on reviewing one wordlist per day.
 - a. Read through the 1st wordlist. Tick words you know.
3. Read the 2nd wordlist and check each unfamiliar word.
 - a. Read the example and see if it is clear.
 - b. If it is not clear, check out one of the following online dictionaries or wikipedia
 - i. <http://www.merriam-webster.com/>
 - ii. <http://www.thefreedictionary.com/>
 - iii. <http://www.etymonline.com/>
 - iv. <http://majortests.com/word-lists/>
4. Flash Cards
 - a. Define the word on one side and write an example of this word on a flash card.
 - b. Check out "How to make GRE Flashcards"
http://www.ehow.com/how_4609404_make-flash-cards-right-way.html
 - c. And TOEFL Flashcards from <http://dynamo.dictionary.com/test-prep/toefl>
4. Review the flash cards as often as you can
5. Start with the flashcard of the previous day(s), scramble the order and see if you remember them. If you do not, keep it for further review.
6. On the next day, move to the next wordlist and prepare flashcards for the new words. Combine the cards with the set of flashcards you cannot remember from previous days.
7. Keep doing these steps until you are done with the wordlists and can retain all of the words.